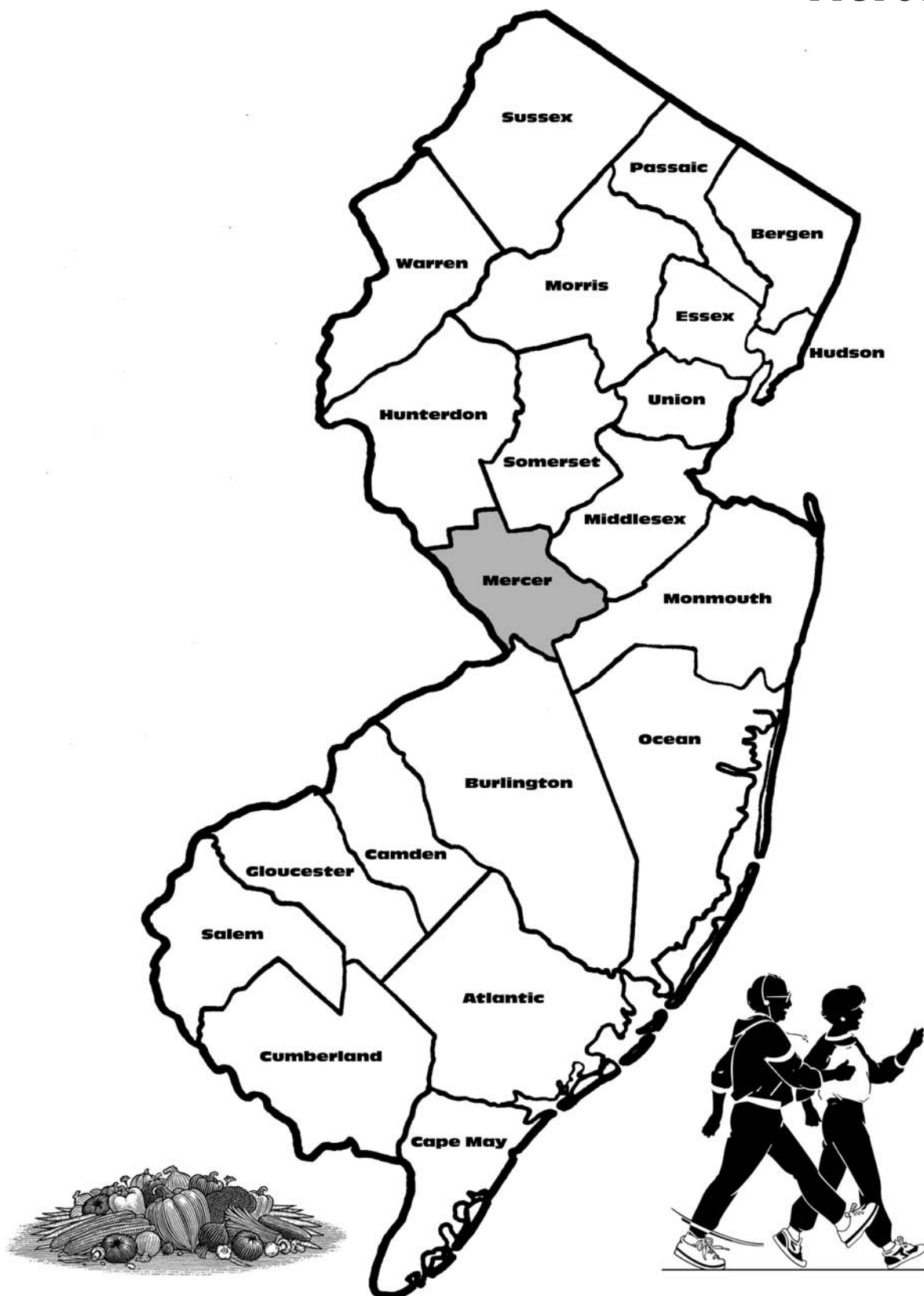







Mercer County









MERCER COUNTY Nutrition Programs

Program Name:	Community Gardening Program
Agency/Institution:	Isles, Inc.
Address:	10 Wood Street, Trenton, NJ 08618
County:	Mercer
Phone:	609-341-4700
Website:	www.isles.org
Focus:	Increase fruit and vegetable intake, exercise, open space improvement
Services:	  
Population served:	Adults, seniors, families
Funded by:	Grants
Fees & Charges:	None

Program Name:	Meals On Wheels
Agency/Institution:	Mobile Meals of Trenton/Ewing
Address:	546 Bellevue Avenue, Trenton, NJ 08618
County:	Mercer
Phone:	609-695-3483
Focus:	Increased nutrition and ability for our homebound clients to remain living as independently as possible in their own residences
Services:	 
Population served:	Homebound, adults and seniors
Funded by:	Grants, states, federal, client contributions, individual donations, United Way support, etc
Fees & Charges:	Yes
Other information:	Our meals on wheels program provides nutritious meals which are certified by a registered dietician to provide 1/3 of the recommended dietary allowances. Our meals are low in sodium and suitable for individuals with diabetes.





Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)







MERCER COUNTY Nutrition Programs

Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street - PO Box 8068, Trenton, NJ 08650-0068
County:	Mercer
Phone:	609-989-6650
Website:	www.mercercounty.org
Focus:	To give the seniors general knowledge of the benefits of healthy food choices and nutrition and how this knowledge affects well-being and lifestyles as we age
Services:	     
Population served:	Ages 60+ or to their spouses regardless of age
Funded by:	State, federal, county
Fees & Charges:	None, suggested donation
Other information:	Services also include farmers market voucher and monthly promotions. Program provides information for cancer patients/survivors

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)






MERCER COUNTY Nutrition Programs

Program Name:	Nutrition Department
Agency/Institution:	University Medical Center at Princeton
Address:	253 Witherspoon Ave, Princeton, NJ 08540
County:	Mercer
Phone:	609-497-4251
Focus:	Reduce risks for comorbidities such as heart disease and diabetes with a focus on exercise and nutrition interventions
Services:	   
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors

Program Name:	A Natural New You
Agency/Institution:	Wild Oats of Princeton
Address:	255 Nassau Street, Princeton, NJ 08540
County:	Mercer
Phone:	609-924-4993
Website:	www.wildoats.com
Focus:	Teach the community about eating natural and organically along with the 5 A Day
Services:	     
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors






Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

MERCER COUNTY Physical Activity Programs

Program Name:	Walking Club, Community Health Challenge
Agency/Institution:	Wild Oats of Princeton
Address:	255 Nassau Street, Princeton, NJ 08540
County:	Mercer
Phone:	609-924-4993
Website:	www.wildoats.com
Focus:	Promote health & wellness for the community and surrounding areas by educating and creating opportunities for individuals to use all of the tools that are available to them from Wild Oats of Princeton
Services:	    
Population served:	All ages
Funded by:	Own funding
Fees & Charges:	None
Other information:	Program has specific cancer prevention focus and provides information for cancer patients/survivors



Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)




MERCER COUNTY Physical Activity Programs

Program Name:	Henry J. Austin Health Center Inc. - Senior Health Promotion Program
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street, P. O. Box 8068, Trenton, NJ 08650
County:	Mercer
Phone:	609-989-6665
Website:	www.mercercounty.org
Focus:	<p>To provide medical education and information in an inviting environment to a medically or educationally underserved clientele in need of this specific assistance</p> <p>The goal is to provide information/education and identify individuals in need of this assistance, including a means for treatment direction whenever possible, thereby enabling the client to become more health conscious and to actively pursue this awareness in their daily lives.</p>
Services:	    
Population served:	The Older American's Act target populations: Ages 60+, low income, vulnerable, disabled, minorities
Funded by:	Federal
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)

MERCER COUNTY Physical Activity Programs

Program Name:	Strength Training, Yoga, Tai Chi, Exercise, Senior Yoga
Agency/Institution:	West Windsor Senior Center
Address:	P.O. Box 38, Princeton Jct., NJ 08550
County:	Mercer
Phone:	609-799-9068
Focus:	To promote healthful and successful aging
Services:	 
Population served:	Seniors
Funded by:	Own funding
Fees & Charges:	None

Program Name:	Trenton Spirit Walk
Agency/Institution:	Isles, Inc.
Address:	10 Wood Street, Trenton, NJ 08618
County:	Mercer
Phone:	609-341-4700
Website:	www.isles.org
Focus:	Walk more for good health
Services:	  
Population served:	All ages
Funded by:	Grants
Fees & Charges:	None

Key:  Education Materials  Workshops/Classes  Program Evaluation  Counseling
 Equipment or Facilities for Fitness  Healthy Choices in Cafeteria/Vending Machine
 Fruits and Veggies-More Matters® (new campaign replacing 5 A Day Program)